

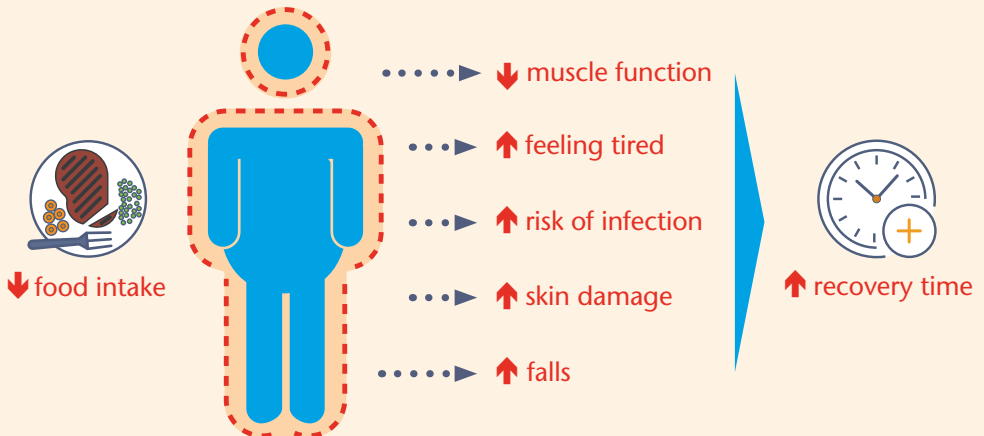
# Food & fluid myths in hospital

Myth: It's ok if overweight people don't eat in hospital, they've got weight to lose

**FALSE**

No matter what weight a person is, their body will use up their immediate energy stores **within 24-72 hours** of not eating.

By encouraging eating and drinking we can help prevent the breakdown of fat and protein stores in muscles and internal organs resulting in **reduced muscle function, tiredness** and an **increased risk of infection, skin damage and falls**.



Taking a 'food first' approach for all patients who can eat and drink is essential to aid recovery.